



Teen rules!

What Jobs Can I Do?

When you are 13 or younger . . .

You can baby-sit, deliver newspapers or work as an actor or performer.

When you turn 14 . . .

You can work in an office, grocery store, retail store, restaurant, movie theater or amusement park.

When you turn 16 . . .

You cannot work in any job that **IS** hazardous such as mining, logging, meatpacking, roofing, excavation or demolition. You cannot drive a car or forklift, work with saws, explosives, radioactive materials or most power-driven machines.

When Can I Work?

If you are 14 or 15, you can work outside school hours . . .

After 7 a.m. and until 8 p.m. during the school year (9 p.m. in the summer)

4 hours on a school day
23 hours in a school week
8 hours on a non-school day
40 hours in non-school week

If you are 16 or 17, you can spend. . .

No more than 12 hours in a combination of school and work each day

What About Safety?

You have the right to . . .

A safe and healthful workplace free of recognized hazards

Speak up if you notice a safety or health hazard at work

Use required personal protective equipment

You are responsible to . . .

Follow your employer's safety and health rules

Follow safe work practices for your job as directed by your employer

Be aware of your environment at all times

ASK QUESTIONS

Find Out More

Visit us on the Internet

**[www.dllr.state.md.us/labor/teenworkers](http://www.dllr.state.md.us/labor/teenworkers.htm)
.htm**

**Department of Labor, Licensing and
Regulation**

**Safety Questions
Call MOSH (410) 767-2213**

**Wage and Hour Questions
Call Employment Standards Service
(410) 767-2357**

Different rules apply to farms